

**OFF-ICE**

# **Summer 2010 CONDITIONING CLASS**

**Improve fitness and cross train jumps!**

**Tuesdays 3:00-4:00pm**

**June 22nd through August 17th**

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This class will focus on increasing the physical fitness of competitive figure skaters through an off-ice warm-up routine and will strive to optimize jump performance through rotational and plyometric drills. Skaters will also work landing positions, spirals and other stretch skills to improve on ice technique.

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- ▶ This one hour weekly class meets on Tuesdays from 3:00-4:00pm ~ June 22nd through August 17th (no class on July 6th) for \$160.
- ▶ The \$160 package pricing is offered for the 8 classes only. No refunds or credits for missed classes and no make-up classes are offered. Enrolled students, please present class card to instructor at the beginning of class.
- ▶ Skaters may “walk-on” for a \$25 fee per class and must present paid receipt to instructor at the beginning of class.
- ▶ Skaters should come prepared for an intense workout, dressed in athletic attire including proper foot wear. Skaters should also bring a floor mat or towel.
- ▶ This is an advanced specialty class. Interested skaters must be approved to participate in the course by their private lesson coach, the Off-Ice class coach or the Skating Director.